

LEARNING BULLETIN 4

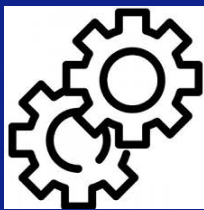
Learning & Development Officer Andy Hodkin

Hello! Welcome to the fourth learning bulletin in our series. We hope you find it informative. At this time of year it is important that we look after ourselves and each other during a festive period that can be difficult for some. The toolbox tip and resource spotlight for this edition reflects the need for our own resilience and self care.

This bulletin is designed to keep learning & development bite sized and relevant. We welcome feedback, suggestions or contributions for future editions- particularly anything you've found helpful in your own practise. If you would like to contribute, please do get in touch using the email address below-

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Toolbox Tip



A collaboration between Partners in Health & Care, NHS Employees and Skills for Care has recognised that social and health care can bring times of peak pressure in the workplace. This self reflection exercise has been designed to help us understand how we can navigate it and support one another. A useful tool for individuals, teams and managers, and I believe equally relevant to colleagues in healthcare, frontline services and the Third Sector too. Access the document [here](#).

Older People and Loneliness



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HSE South West has urged communities to “take time to listen” to older people — especially those who may be lonely or socially isolated — because silence and isolation can mask emotional, physical, financial or sexual abuse. In 2024, 811 elder-abuse concerns were reported, nearly half involving emotional abuse. To raise awareness, the HSE released short safeguarding videos and encouraged people to speak up and report any worries. Read the full article [here](#), and access the videos [here](#).

Cyberbullying does not happen in isolation

New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London has found that only two per cent of young people who experience cyberbullying by the age of 18 report exclusively being abused online. The [research](#) highlights how cyberbullying is rarely experienced in isolation from other forms of victimisation, and that offline experiences of abuse explained the risk for poor mental health in cyberbullied victims. The researchers are calling for policy makers to look beyond online safety when considering how to protect young people. Full study [here](#).



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craft
trust**

Resource Spotlight

Working in safeguarding roles can be both rewarding yet challenging, and it is important to reflect upon our own resilience and self-care. This [article](#) from the Ann Craft Trust looks at how we can look after ourselves, and provides useful organisational measures to support teams and individuals. A useful read if only to remind ourselves of the importance of supporting one another.

Parenting through adversity

Foundations has produced a new [practice guide](#) on parenting support for families of 11-to-18-year-olds experiencing adversities. It draws on a review of the existing evidence on parenting programmes to summarise the circumstances, experiences and preferences of families and to provide recommendations around the best-evidenced interventions for improving a range of child and parent outcomes.

Victims of Domestic Abuse

The Commissioner Designate for Victims of Crime in Northern Ireland have published a landmark report examining the experiences of victims of domestic abuse within the private law family court system. Victims reported feeling unheard and unsupported, with some describing the process as retraumatising. The findings underscore the urgent need for a more victim-centred approach that prioritises safety and wellbeing. Read the [article](#) and full [report](#) for an in-depth analysis

